

Community Helpers Activities for Friday

On the Move

Fire Extinguisher

Become a firefighter and help extinguish flames!

Materials:

- Red, Yellow, and Orange paper or tissue paper
- Drinking Straw

Instructions:

1. Shred the paper/tissue paper into small pieces and place them into an open area (such as a low table or a cleared space on the floor).
2. Inform your child that the paper represents fire, and that they are a firefighter!
3. Have your toddler use the drinking straw to “put out the flames” by blowing them away from the area.
4. Feel free to add other props into the shredded paper such as dolls/dollhouses, stuffed animals, or blocks and instruct your child to “rescue” the items.

Adventures Online

I want to be a Police Officer

What does a police officer do?

<https://www.youtube.com/watch?v=R-fOWq1-w4E>

Help your child label the items in the video and provide more information about items.

Sensory Time

Police Officer Finger Painting

I see bright lights flashing red, white and blue, it must be a police officer coming to the rescue.

Materials:

- Red, White and blue child safe paint
- Paper

Instructions:

1. Place a dab of all the colors of paint on to the paper.
2. Let your child use their hands to create their painting.

Story Time

Elmo visits the Police Station

Follow along as Elmo visits the Police station.

Read Aloud:

https://www.youtube.com/watch?v=6xupRfVyC5k&list=PL0k-1Rf8Aubv088K_B_uvc2CNw2TH5hij&index=29

Arts and Creativity

Red light, Green Light!

A fun way to play with your child and teach them about traffic lights.

Materials:

- Red, yellow and green crayons, paint, paper or tissue paper.
- Cardboard or paper

- Glue (optional)
- Marker, pen or pencil

Instructions:

1. Draw three large circles on the paper or cardboard, one on top of the other, like a stoplight.
2. If you are using tissue paper or paper, encourage your child to rip the paper into small pieces.
3. Help your child glue the paper into the circles- red on top, yellow in the middle, and green on the bottom. If using crayons, color one red, one yellow and one green.
4. Talk about what the different colors mean on a traffic light.

Once finished, play red light, green light. Tell your child that when you point to the red light and say "RED LIGHT", they need to stop. When you point to the green light and say "GREEN LIGHT", they can run fast, and when you point to the yellow light and say "YELLOW LIGHT" they need to walk slowly. Show them what the difference between fast and slow looks like before you start. Then have them stand on one side of an open area and move towards you. When they get to you, give them a big hug!